

TOP MEDICINAL HERBS



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At

Faiz Ghar, 126-F, Model Town, Lahore

19-March-2012

1. Garlic (Lehsan)

Benefits

- Anthelmintic
- Anti rheumatic
- Anti cholestrolemic
- Anti diabetic
- Blood purifier
- Carminative
- Disinfectant



2. Cumin / Caraway (Zeera)

Benefits

- Anthelmintic
- Anti-diarrhoeal
- Ant-dyspeptic
- Anti-flatulant
- Astringent
- Diuretic
- Stomach aid



3. Onion (Piaz)

Benefits

- Anti ulcerative
- Anti septic
- Aphrodisiac
- Diuretic
- Hypoglycemic
- Expectorant
- Digestive



4. Aloe Vera (Kuar Gandal)

Benefits

- Anthelmintic
- Laxative
- Skin aid, sun blocker
- Stomach tonic
- Immune enhancer
- Anti diabetic
- Resolvent



5. Cinnamon (Darchini)

Benefits

- Anti-septic
- Anti-spasmodic
- Aphrodisiac
- Aromatic
- Astringent
- Carminative
- Stimulant



6. Bael Fruit (Bail gari)

Benefits

- Anti constipative
- Anti diabetic
- Anti dysenteric
- Anti pyretic
- Astringent
- Brain tonic
- Cardiac tonic



7. Cardamom (Ilaichi)

Benefits

- Appetizer
- Aromatic
- Astringent
- Carminative
- Diuretic
- Exhilarant



8. Honey (Shehad)

Benefits

- Anti septic
- Astringent
- Mild laxative
- Nutritive
- Detersive



9. Betel Nut (Supari)

Benefits

- Anthelmintic
- Astringent
- Bronchial constrictive
- Gastric stimulant
- Masticator
- Resolvent



10. Asparagus (Sufaid Musli)

Benefits

- Anti diarrhoea
- Anti dysentery
- Anti spasmodic
- Aphrodisiac
- Nutritive
- Diuretic



11. Belladonna (Makkoh)

Benefits

- Anti-inflammatory
- Anti-diaphoretic
- Anti-spasmodic
- Cardiac tonic
- Diuretic
- Sedative



12. Mustard (Rai)

Benefits

- Appetizer
- Decongestant
- Digestive
- Irritant
- Laxative
- Resolvent



13. Chili (Surkh Mirch)

Benefits

- Anti-constipative
- Aphrodisiac
- Cardiac tonic
- Carminative
- Counter irritant
- Stomach aid



14. Chicory / Endive (Kasni)

Benefits

- Alterative
- Blood purifier
- Cooling
- Diuretic
- Sedative
- Resolvent



15. Lemon (Limon)

Benefits

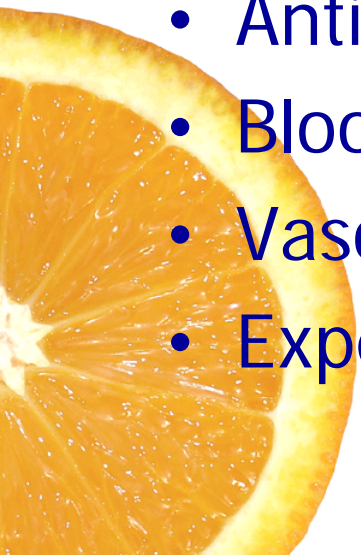
- Carminative
- Immune enhancer
- Aromatic
- Hepato-protective
- Stimulant
- Diuretic



16. Turmeric (Haldi)

Benefits

- Alterative
- Analgesic
- Anti-inflammatory
- Anti-septic
- Blood purifier
- Vasodilator
- Expectorant



17. Ginger (Adrak)

Benefits

- Gastric aid
- Anti-depressant
- Anti-cancer
- Blood thinner
- Anti-arthritis
- Anti-diabetic
cataract



18. Licorice (Mallathi)

Benefits

- Anti-spasmodic cough
- Anti-cancer
- Anti-mouth ulcer
- Anti-peptic ulcer



19. Ginseng

Benefits

- Adaptive
- Radio-protective
- Promising supplement
- Anti-inflammatory
- Anti-cancer
- Sex stimulant
- Anti-aging



20. Fennel (Saunf)

Benefits

- Carminative
- Purgative
- Anti-colic
- Diuretic
- Anti-hypertension
- Breast milk aid



21. Hyssop (Ajwain)

Benefits

- Digestive aid
- Cleansing effect
- Arromatic



22. Coriander (Dhania)

Benefits

- Anti-oxidant
- Anti-bacterial
- Diuretic
- Carminative
- Anti-tension
- Cholesterol lowering



23. Clove (Long)

Benefits

- Carminative
- Dentistry aid
- Peristaltic aid
- Anthelmintic
- Anti-hiccough
- Skin tonic
- Muscle toner



24. Black Pepper (Kali Mirch)

Benefits



25. Milk Thistle (Ont Katara)

Benefits



26. Boarg (Gaozaban)

Benefits



27. Violet (Banafsha)

Benefits



28. Basel (Tulsi)

Benefits



29. (Manaqqa)

Benefits



30. Fig (Anjeer)

Benefits



31. Olive (Zaitoon)

Benefits



32. Almond (Badam)

Benefits



33. Dry Ginger (Soonth)

Benefits



34. (Kalonji)

Benefits



35. Ephedra (Soum Kalpa)

Benefits



36. Ginko Biloba

Benefits



37. (Lasoori)

Benefits



38. (Jaifal)

Benefits



39. (Javatri)

Benefits



40. Mint (Podina)

Benefits

